

# SELF-AWARENESS

## Steps for Success

The steps for success illustrates the necessary steps you must have to evaluate in order to make sound- career choices.

**SELF-AWARENESS**  
**DREAMS**  
**GOALS**  
**VALUES**  
**SKILLS**  
**INTERESTS**  
**CAREER**

## Self-Esteem



Believing in yourself, feeling good about who you are and knowing you have value as a person is self-esteem. We all have moments of doubt and may not always exude that self-confidence that makes us feel good about ourselves. That deep-down feeling of inner worth can, however, be enhanced by focusing on three areas of who we are:

### 1. Acceptance of self

- Accepting your physical appearance and attributes
- Acknowledging your feelings
- Knowing who you are
- Knowing your strengths and weaknesses

### 2. Developing your own values

- Making your own decisions
- Developing your beliefs and priorities
- Setting goals
- Being yourself

### 3. Self-talk: What are you saying to yourself?

- Accepting your strengths and weaknesses
- Focus on strengths
- Correct weaknesses
- Risk-taking
- Acceptance of self and acting upon your information

**SELF-ESTEEM IS A BUILDING BLOCK TOWARDS PERSONAL EFFECTIVENESS.**

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## Components of Self

The components of self, listed below, will help you to choose a career in keeping with your personal strengths and weaknesses. In order to make appropriate career plans, you need to decide what you are good at, what you like to do, what you value in life and work and what personal management skills you possess

This is who you are:

### Let's Look At the Components of "Self"

#### **A. Academic strengths:**

- Refers to school performance
- Actual grades
- Application of self

#### **B. Interests and values:**

- What you like and dislike
- Your actual interests
- Things you like to do and why
- Things you don't like to do and why

#### **C. Motivation:**

- Motivation is difficult to measure
- What pushes you internally
- That driving force

#### **D. Personal management skills:**

- Qualities you bring to a job, to school, to relationships
- Examples in clued enthusiasm, grooming, hair, clothes self-confidence

#### **E. Aptitude**

- What you can do or have the potential to do
- A function of your educational background
- Tests look at Mechanical Reasoning, Spatial Relations, Verbal Reasoning, Numerical Ability, Language, Perceptual Speed and Accuracy, Manual Speed and Dexterity